Fill in the gaps in the text with one word. More than one answer may be possible.

Regular exercise

The upsides of going exercise ____ (1) a regular basis are numerous without a doubt, but ____ (2) can we fit it into our day-to-day. For some it may seem impossible to find the time to work out and financial constraints can also be a mitigating factor. ____ (3) everyone has the space cash to sign up to the gym or buy they latest equipment. For ____ (4) types of people, there is a need to be creative and to use your space well. There is ____ (5) end to the activities that you can do ____ (6) the house with everyday household items such as water bottles or washing detergent. The key is ____ (7) keep it varied and regular to avoid boredom or laziness. This way you can stay in shape and take advantage of the various health and social benefits. So, whatever your motive, you ought to make ____ (8) exercise plan and what is more, stick to it.
Regular exercise

The upsides of going exercise on a regular basis are numerous without a doubt, but how can we fit it into our day-to-day. For some it may seem impossible to find the time to work out and financial contraints can also be a mitigating factor. Not everyone has the space cash to sign up to the gym or buy they latest equipment. For these types of people, there is a need to be creative and to use your space well. There is no end to the activities that you can do around the house with everyday household items such as water bottles or washing detergent. The key is to keep it varied and regular to avoid boredom or laziness. This way you can stay in shape and take advantage of the various health and social benefits. So, whatever your motive, you ought to make an exercise plan and what is more, stick to it.